

Wellness Culture

January Observance: Healthy Weight Week (January 20-26, 2008)

Key Information: Healthy Weight Week is a time to celebrate a healthy, nondiet lifestyle for people of every size. It helps us to move ahead to healthy habits we can live with for the rest of our lives; sound habits that prevent eating and weight problems instead of intensifying them.

Three reasons not to diet:

1. Diets don't work. Dieters regain weight and often regain more than they lost.
2. Dieting disrupts the body's normal processes. Dieting throws the body into a stressful and defensive state.
3. Dieting leads to disordered eating and is the primary precursor for eating disorders.

Ways to Celebrate Healthy Weight Week:

1. **Live Actively.** Each day of Healthy Weight Week be a little more physically active than usual.
2. **Eat Normally.** Free yourself from diets. Resolve to stop diet and weight obsessed thinking.
3. **Eat Nutritiously.** Choose balance, variety and moderation.
4. **Feel Good About Yourself.** Nurture yourself. Take time to appreciate and respect your unique self, your talents, interests and experience.
5. **Relieve Stress.** Take 10 minutes each day for a relaxation technique.
6. **Feel Good About Others.** Respect and accept people as they are. Avoid comparing yourself to others.
7. **Strengthen Social Support.** Maintain positive, supportive relationships with family and friends.

Action Steps Made Easy:

1. Choose 3 areas from the list above that you would like to improve in your life.
2. Write 2-3 realistic and personalized goals (include benefits to reaching the goal) in each area and set a specific date of completion (week, month, etc.).
3. Show these goals to a friend or family member and have them witness the contract you made with yourself.
4. Try to anticipate potential obstacles and create a plan to get around them.
5. Periodically review and reassess your goals.

Life Impact: You only have one body, there are no re-treads.

Resources: <http://www.healthyweight.net/>



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